



Wellness Champion Roles & Responsibilities

What is a Wellness Champion?

A Wellness Champion is a staff member with a commitment to health that serves as an ambassador for Employee Wellness. They volunteer to assist in the implementation and coordination of wellness initiatives at their location. They share information, engage friends and colleagues to participate in wellness programs and create excitement around leading a healthy lifestyle.

What will I do?

- Serve as a liaison between the Wellness Works Program and personnel at the work location to promote and communicate wellness & benefit programs.
- Have interest and commitment to wellness by promoting the program through leadership, enthusiasm and guidance.
- Attend mandatory wellness training workshops, designed to provide skills and support.
- Survey the staff on interest and needs to plan and coordinate onsite programs.
- Set an achievable goal or goals for the year.
- Promote health topics and encourage participation in County sponsored wellness programs and screenings.
- Coordinate the implementation of wellness activities at the work location, including scheduling, promoting and evaluating the program.
- Have Fun!

Wellness Program Focus Areas:

The Worksite Wellness Program at Maricopa County is focused on providing support, guidance and leadership to all Departments and employees to assist in:

1. **Creating a Healthier Work Place Culture**
2. **Preventing Chronic Diseases**
3. **Managing Chronic Diseases**

The above focus areas will be supported by activities, programs and events centered on the following components:

- Movement and Exercise
- Eating Well to Manage Weight
- Balancing Work and Life
- Self-Care through various methods including Preventive Screenings and Immunization Campaigns.